



Paris Special School District Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Paris Special School District from 2007 to 2011.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Paris Special School District that includes:

- School Health Advisory Committee
- Three Healthy School Teams
- School Health Policies strengthened or approved include Diastat and Glucagon procedures
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$2,200.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Safe and Drug Free Task Force | ➤ Murray State University |
| ➤ Henry County Health Council | ➤ Henry County Health Department |
| ➤ Henry County Medical Center | ➤ Carey Counseling |
| ➤ UTM Extension | ➤ Youth Villages |
| ➤ Henry County Vocational School Nursing Program | ➤ Department of Children's Services |
| ➤ Bethel University | ➤ Department of Human Services |
| ➤ Paris Lion's Club | ➤ Rhea Parent Teacher Organization |
| | ➤ University of Tennessee at Martin Nursing Department |

Parent and Student Involvement Developed

Currently, one hundred eighty-four parents are collaborating with CSH in the PSSD.

In 2007-2008: 45

Parent Academy held a parent information session for students in grades 2-5. During one of the student activity programs at Paris Elementary School which was funded through CSH, the physical education teacher demonstrated how students could participate in increased physical activity prior to the start of the school day.

In 2008-09: 400

CSH collaborated with Parent Involvement and Special Education Advisory Council to participate in Fall Family Fun Night with food, games and information for students, parents, board members, and community members. Physical activities such as kickball, Ga-ga, line dancing, NESO playground equipment, stacking cones, and other activities were available to all stakeholders. Information was provided on health issues such as increasing physical activity, obesity trends, and increased risk of diabetes to students and families.

Paris Elementary implemented the Family Fun Fitness Night where a student and parent attend one night per month from 5:00-8:00 pm. During those events, the parents must stay with the child and were encouraged to participate in the evening's physical activities to promote a healthy family lifestyle.

In the month of May, every student and parent in the PSSD received a two page handout on the risk of obesity and diabetes prevention. Over 1,650 copies of the handout were provided to the families in the Paris Special School District.

In 2009-2010: 374

Paris Elementary School hosts monthly Family Fitness Nights for students and parents. These participants travel around various stations on physically active events for 3 hours each month. Parents must attend with their child. The average attendance on Family Fitness Night was 42.

During 2010-2011:

"Life Time Family"
Attendance – 70

"Second Step"
Attendance – 13

"Get your body in gear for the New Year"
Attendance - 6

"Second Grade Transition with Wacky Workout"
Attendance – 35

"Life Time Family"
Attendance – 18

"Safety Awareness"
Attendance - 22

"Healthy Meals on a Budget"
Attendance – 18

Approximately 175 students partnered with CSH to address school health issues. Students have been engaged in CSH activities that include Inman Middle School students conducted a silent Freedom Walk, Henry County Patriot Pals (30) train students in grades K-3rd grade on healthy character traits while incorporating the Character Counts curriculum, students in grades 3-5 (as well as parent volunteers) who participate in the Wacky Workout morning activity program arrive early to assist in the set-up of the equipment needed for the program, PSSD students participated with parents in the 5K run/walk and Inman students (and staff) had "Team IMS" shirts created for the 5K to promote school spirit and bolster participation.

School Health Interventions

Since CSH has been active in the Paris Special School District, the following health interventions have taken place from 2007-2011:

School Health Screenings and Referrals to Health Care providers – 2007-2008: Grades Screened K,2,5,7/350 Referred, 2008-2009: 2,411 Screenings/84 Referred, 2009-2010: 3,015 Screenings/123 Referred, and 2010-2011: 3,481 Screenings/59 Referred;

Students have been seen by a school nurse and returned to class – 2009-2010 student visits to school nurse- 12,175 and students returned to class- 11,043 (91%), 2010-2011 student visits to school nurse- 14,288 and students returned to class- 13,025 (92%)

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

	08-09	09-10	10-11
Normal Weight	62%	57%	50%
Overweight	36%	40%	48%
Obese	20%	24%	28%

Many items have been purchased with CSH funds to enhance school health efforts. CSH has assisted with purchasing playground equipment for Rhea Elementary School, assistance with walking trail at Rhea Elementary, swimming equipment for the pool, and physical education/physical activity equipment for all three schools.

Professional development provided to school health staff includes Take10!, Michigan Model health education training, CPR, suicide prevention training, and physical activity to use in the classroom through “Brain Breaks”.

School faculty and staff have received support for their own well-being through staff tours of gym, pool, and workout facilities available at Paris Civic Center. CSH has also sponsored staff health screenings and flu vaccinations.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model introduced as comprehensive health education district-wide;
- Physical Education/Physical Activity Interventions – all schools are compliant with the 90 minute physical activity/physical education law. Before school, physical activity is available to students at all three schools. CSH has purchased playground equipment for Rhea Elementary School, assisted with the cost of the walking trail at Rhea, purchased physical activity equipment for all schools, as well as purchasing physical education equipment for the physical education teachers at Rhea and Inman.
- Nutrition Interventions – only healthy birthday and party snacks permitted at Rhea Elementary School. Rhea School has chocolate milk available on Friday only.

- Mental Health/Behavioral Health Interventions – only healthy birthday and party snacks permitted at Rhea Elementary School. Rhea School has chocolate milk available on Friday only.

In such a short time, CSH in the Paris Special School District has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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